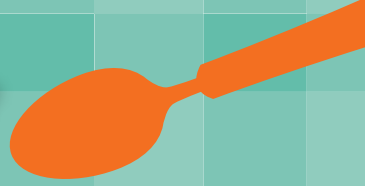


# *Tips for* Happy Mealtimes



## ***Make meals family time***

Slow down, relax, and enjoy each other's company—no TV or phones.

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## ***Get the kids to help***

Let them pick out fruits and veggies at the store and do small jobs depending on their age.

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## ***Set an example***

Eat healthy foods yourself!

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## ***Let the kids make choices***

**From the healthy foods you serve,** let them choose which to eat and how much.

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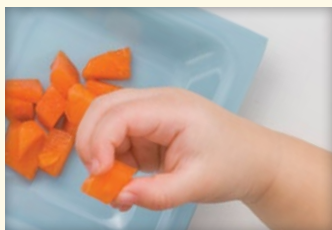
### ***Keep in mind what the kids eat throughout the day***

Offer healthy foods, and trust them to eat enough. They may eat more at some times than others.



### ***Offer small amounts***

Let your kids decide how much to eat. Let them stop when they say they are full.



### ***For new foods, offer just a taste***

Don't give up if the kids don't like them right away! Patience works better than pressure.



### ***Let them learn to serve themselves***

Teach them to take small amounts at first. Don't worry about a few spills.

[www.fns.usda.gov/tipsformoms.htm](http://www.fns.usda.gov/tipsformoms.htm)